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A B.C. dog was inducted into the Purina Animal Hall of Fame on Monday for helping save a teen after a deadly car crash last June. Coverage in metroNEWS. CONTRIBUTED

Duos close in on dream job

COMPETITION

B.C. teams make finals for chance to trek across Canada

Emily Jackson
Metro | Vancouver

Four lucky locals have made the finals for the dream job to Instagram, tweet, Snapchat and blog while embarking on a 17,000-kilometre journey across the Trans Canada Trail.

Outdoor-gear company Woods Canada selected two pairs from Vancouver and Whistler as Top 10 finalists for the five-month gig that pays $20,000 apiece and includes an assortment of Woods products and travel costs.

Sarah Bassendale and Kelsey Tonner of Vancouver and Magee Walker and Cedric Schell of Whistler were chosen out of more than 3,800 applicants. In phone interviews on Monday, both couples could barely contain their excitement.

Bassendale, 33, and Tonner, 30, are tour guides who travelled the world together for four years before recently moving back to Canada. She's from Vancouver Island and he's from Nova Scotia, so they hope their cross-country love story and love for the outdoors — and tour-guide best practices — will sway the judges.

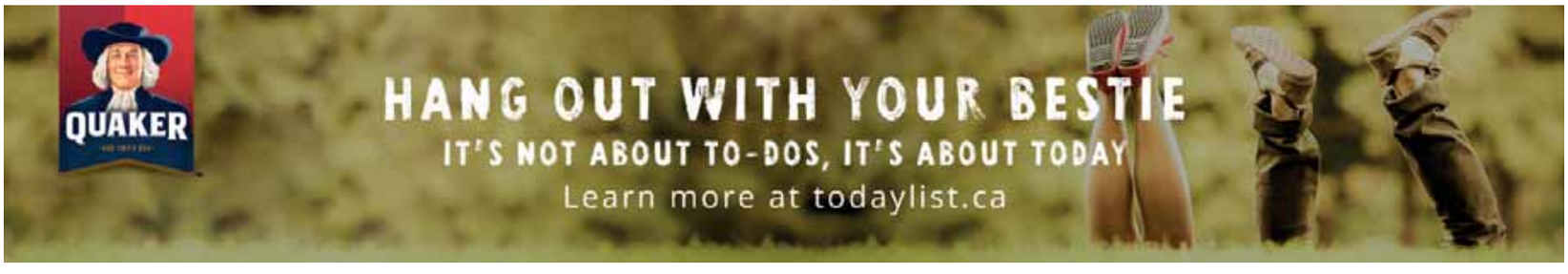
"The idea of being outside for five months and getting paid is ridiculously awesome," Bassendale said.

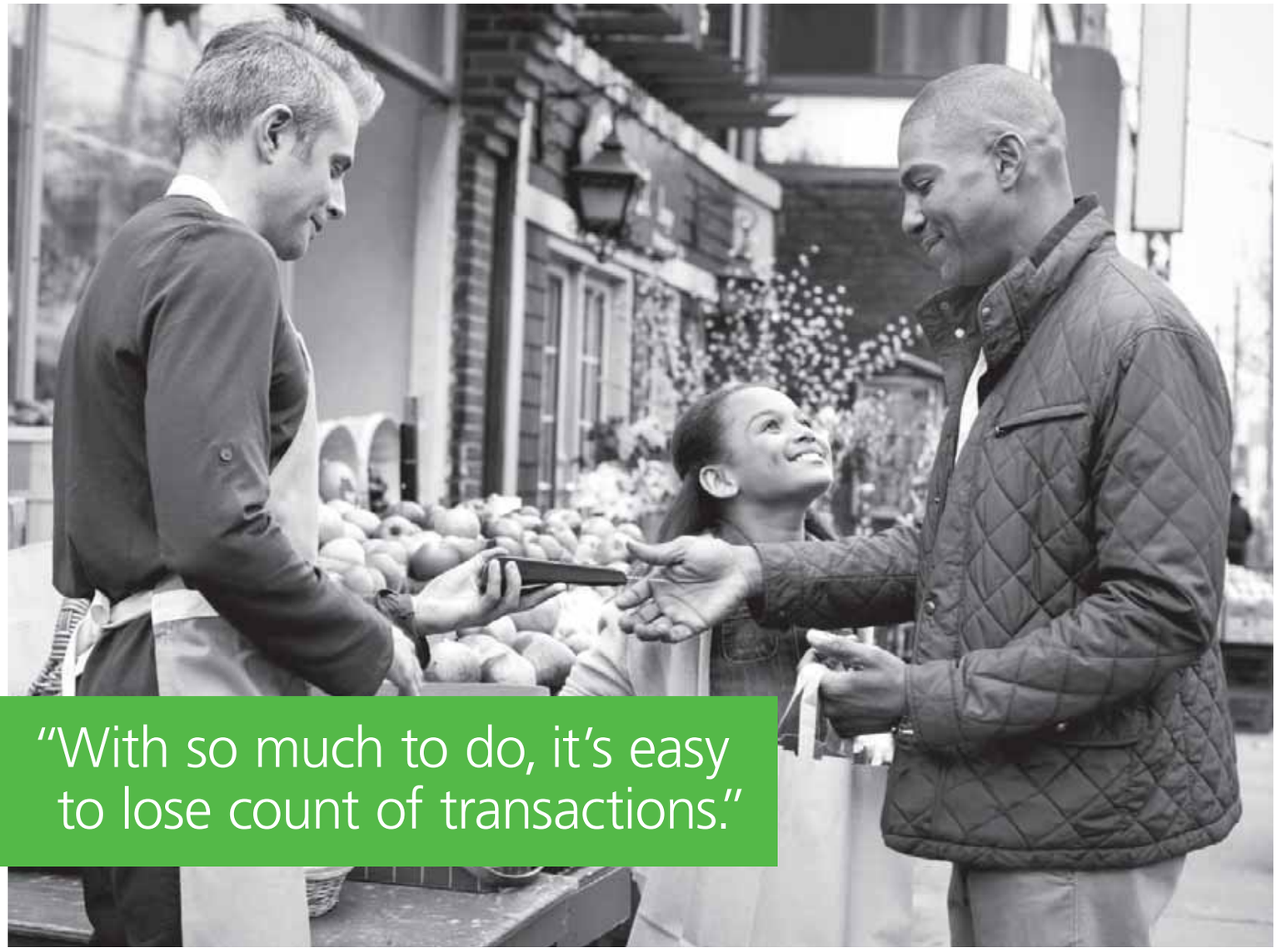
Walker and Schell, both 28 and originally from Ontario, met on a blind date snowboarding two years ago. They're hoping their combined skill set — she's a writer and he's an adventure-tour guide — and relaxed attitudes will get them the gig.

The winning pair will travel to a new place each week from May to September, work six days a week and document their adventures in swimming, hiking, horseback riding, canoeing and more.

There was an "overwhelming response" to the job posting, according to Woods Canada. The gig garnered media attention across North America, with many readers questioning whether it was too good to be true.

The winners will be chosen by the end of the week. You will be able to follow their adventures with the hashtag #WoodsExplorer.





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metro NEWS
• VANCOUVER
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Your essential daily news
Tuesday, May 5, 2015

The view from the living room porch at Vancouver Mayor Gregor Robertson's Kitsilano home. YOUTUBE

Mayor's house for sale

REAL ESTATE

The 2-bedroom home will be listed for $1.8M

Emily Jackson
Metro | Vancouver

Vancouver Mayor Gregor Robertson is listing his Kitsilano home within a block of the Point Grey Road bike lane for $223,000 more than what he bought it for less than two years ago when the bike lane didn't exist.

The duplex on Stephens Street will go on the market for $1,798,000, according to a YouTube video posted by realtor David Tung.

Robertson and his wife purchased the two-bed, two-bath home with stellar ocean views (and a hot tub) for $1,575,000 in June 2013 after their kids graduated high school.

The pair has since split up and the mayor has been renting a condo downtown. Robertson is currently dating Chinese pop star Wanting Qu, who was named Vancouver's first tourism ambassador to China in February 2013.

When the Robertsons bought the house, the neighbourhood was locked in a heated debate in advance of city council's July 2013 vote on the seaside greenway that would close Point Grey Road to car traffic between Macdonald and Alma.

Robertson excused himself from the vote out of an "abundance of caution" after seeking advice from the city solicitor on the possibility of a conflict of interest.

Vision Vancouver supported the bike lane, which diverts about 10,000 cars a day from the stretch known as the "Golden Mile," but the Non-Partisan Association was strongly opposed to closing the road to cars and made it an issue in the 2014 election campaign.

Ultimately, bike traffic has increased significantly along the prestigious waterfront road although there have been complaints about the new traffic patterns north of fourth.

In MLS listings, realtors frequently tout the merits of the bike lane and how quiet it made the street.

IN BRIEF

Fatal semi truck rollover on Highway 99

At least one person was killed in a semi truck rollover on Highway 99 east of Pemberton on Monday afternoon, according to Whistler Pemberton RCMP.

The truck went down an embankment about two kilometres north of Inshuck Forest Service Road, according to a statement from Staff Sgt. Steve LeClair. The truck was the sole vehicle involved in the accident.

The crash started a fire that was eventually contained to the truck. Investigators closed the highway and were looking for witnesses as of Monday evening. METRO

Dentist exposed patients to diseases: Fraser Health

A health authority is warning about an unlicensed Surrey dentist whose patients may be in danger of contracting diseases such as HIV or hepatitis B and C.

Fraser Health says patients of Valentyn Uvarov may be at risk of bloodborne infections from exposure to unsterilized equipment. It says an investigation found Uvarov was potentially reusing anesthetic containers. The College of Dental Surgeons of BC also says Uvarov was treating patients without a licence.

Anyone who received treatment from him is being advised to see a doctor or call Health Link at 811 about any concerns.

THE CANADIAN PRESS

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Dear Bono: Want to write a song?

Bono performs at B.C. Place in October 2009 as part of U2's 360 Tour. JEFF HODSON/METRO FILE

MUSIC

Filmmaker attempting to sing on stage with U2

Thandi Fletcher
Metro | Vancouver

Bono, if you're reading this, keep going. That's the request from Vancouver documentary filmmaker Patrick Stark, who is spending the next 10 days trying to convince U2's frontman to let him sing a song with the band when they take to the stage at Rogers Arena on May 14 and 15.

The ending of his feature-length documentary film One Life No Regrets depends on it.

"Whatever happens here in the next 10 days, that's the last scene of the movie," Stark told Metro. "It's such a mystery.... Will they or won't they? I'm hoping they will."

Over the past six years, the Vancouver film veteran has been chronicling his journey to sing a song with U2. For Stark, performing on stage with the legendary Irish rockers is a chance to fulfill his biggest dream and confront his biggest fear.

Since he was a child, Stark has had a deep-rooted phobia of singing in public.

As he approached turning 40, however, Stark decided it was time to confront his phobias. Reflecting on the opportunities he had missed in life because he was afraid of leaving his comfort zone, he came up with the idea of becoming a guinea pig in his own experiment.

"I had little kids and I thought, I don't want my phobic ways to rub off on my kids," he said.

Why U2? Admittedly not a die-hard fan, Stark said the band, widely considered to be the "biggest band in the world," seemed the perfect choice.

Approaching them is "impossible," so if his experiment fails, at least he can take solace in having tried, he said. With the band's large fan following, Stark said performing for their massive audience would also be the ultimate test.

Throughout the filming process, he has taken a vocal lesson, performed on the street with buskers, and, last August, he sang a song with Canadian rock band Trooper on stage at the PNE. He even hired musicians and a gospel choir and set up stages at various locations in Seattle while the band was in that city in an attempt to capture their attention.

> **Maybe it can show others that sometimes the impossible is possible.**
> Patrick Stark

When audiences watch his documentary film, which he hopes to screen at major film festivals once it is complete, Stark said he hopes they are inspired to try to accomplish their dreams, as well.

So, Bono, if you're still reading this, Stark has one final message:

"If it is possible to allow me that one moment to walk out on the stage and sing one song with the band," he said, "maybe it can show others that sometimes the impossible is possible."

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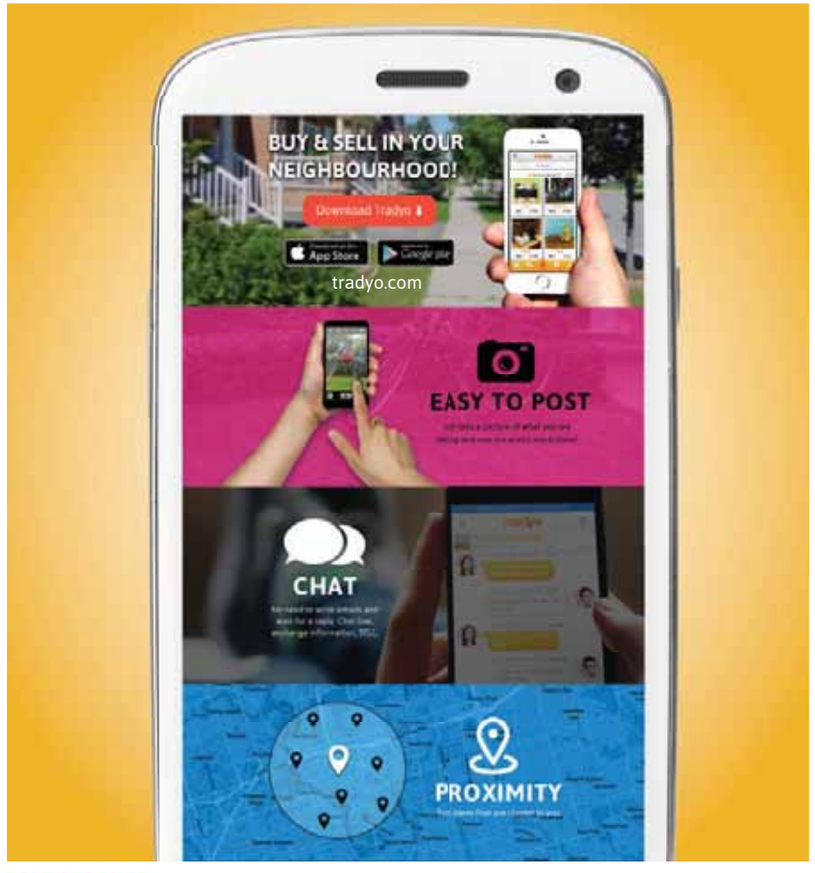

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Emergency kits are key: Officials

SAFETY

Every family advised to have these five basics on hand

Matt Kieltyka
Metro | Vancouver

With the Nepal earthquake fresh in the minds of people around the world, officials commemorating emergency preparedness week in British Columbia are reminding the public to plan ahead.

Vancouver Fire and Rescue Services assistant fire chief Joe Foster told media at an event Friday that Lower Mainland residents should have earthquake kits at home that can sustain a family for at least 72 hours.

"The resilience of this province depends on us all taking action," said Foster. "We all need to make our plans to prepare our own emergency kits right now."

To help get started, here are five basic items Emergency Management B.C. says are necessary to survive:

Water

Water, food and manual can opener:

Emergency Management B.C. says each person needs two litres of water, per day, ready in case of a disaster. Some small bottles, which are easy to carry, should be filled in case of an evacuation order. As for food, anything that won't spoil — such as canned food, energy bars and dried foods — is best.

Flashlight

Lighting:

With no guarantee of working electricity, a range of lighting is recommended for getting around at night. Working flashlights and charged batteries should be included in the kit, along with candles, matches and lighters.

First aid

First aid kit:

First aid kits can come pre-packaged at many outdoor stores and pharmacies.

When putting the kit together also consider special items that are specific for yourself or family members, such as prescription medication, infant formulas and necessary equipment for those with disabilities.

Radio

Battery-powered or wind-up radio:

This will be necessary to receive updates from responders on the state of emergencies and or vital instructions in the case of evacuation orders.

Emergency B.C. recommends keeping a supply of extra batteries on hand specifically for the radio.

Keys

Extras:

Some miscellaneous items, while not necessary for survival, can also come in handy. These extra emergency kit items include a spare set of keys for your home and vehicles, some cash in smaller bills and change for pay phones and a copy of your emergency plan and contact information.

For more information, visit www.embc.gov.bc.ca.

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Dog honoured for protecting teen for two days after crash

Sako the dog is being honoured for its heroism protecting 16-year-old Joseph Phillips-Garcia after a deadly car crash last June. YOUTUBE.COM

ANIMAL HALL OF FAME

Sako stayed 40 hours with injured teen

Thandi Fletcher
Metro | Vancouver

A B.C. dog who stayed by an injured teen's side for nearly two days after a deadly crash is being honoured for its heroism and devotion.

The dog, named Sako, was inducted into the Purina Animal Hall of Fame on Monday, along with three other canines at the 47th annual event in Toronto.

On June 10, 2014, Sako and 16-year-old Joseph Phillips-Garcia of Kanaka Bar, B.C., set out on a road trip with his aunt, cousin and a friend. On their way home, the vehicle suddenly lost control, rolling more than 100 metres down a steep embankment into the woods, according to a news release from Purina.

"I could feel the truck going over," Joseph said in a YouTube video about the crash. "Didn't really know what was going on. It went black after that."

Joseph and the dog were the only survivors.

Thrown from the vehicle, Joseph suffered a broken leg and collarbone. Unable to move, he remained in the woods, drifting in and out of consciousness, in pain and without food for more than 40 hours.

Throughout the ordeal, Sako stayed by Joseph's side, keeping him warm and protecting him from predatory animals that circled the crash site, according to the news release.

On June 12, Joseph's cousin finally found him and called search and rescue crews. He was rushed to hospital where he underwent multiple surgeries and spent months recuperating from his injuries.

"I don't really understand my part of surviving, but a big part of it was Sako," Joseph said in the video.

Also inducted into the Purina Animal Hall of Fame on Monday was Badger of Elgin, Ont., a dog who pulled its owner to safety when he broke his leg after slipping and falling on a frozen lake, and Bella of Windsor, Ont., who alerted its owner to an elderly man having a heart attack. Nettle, one of Canada's first diabetic alert dogs, was also recognized for its work caring for two diabetic 12-year-old twin girls in Cambridge, Ont.

In its 47 years, the Purina Animal Hall of Fame has honoured 168 animals, including 47 dogs, 27 cats and one horse, for protecting people in dangerous and life-threatening situations.

NEPAL EARTHQUAKE

B.C. firefighters assist in relief

On their third day in earthquake-stricken Nepal, a bus of volunteer firefighters wound around hills and hairpin turns on a makeshift single-lane road through rural villages pancaked by the disaster.

All along the 3.5-hour journey, children as young as four years old would scamper out of their "totally demolished" towns bearing curiosity and even smiles.

"They've got a kettle in their hands and a pot, they're going to get water, and they're waving to us saying 'Hi' like nothing is even affecting them," said Lt. Jeff Clark, as he emerged into the international arrivals area of Vancouver's airport on Monday.

"It made us realize where we were at and how lucky we were to be in the position we were in."

The team of unwashed but spirited men, including 22 firefighters from Burnaby and Mission, B.C., three doctors and three dogs, returned home to British Columbia after one week joining responders from around the globe in the intense search-and-rescue mission.

Capt. Steve Leslie said the crew spent its final day in the 200-year-old historic district, west of the capital Kathmandu, attempting to help locals. He remembers people pleading for excavation, saying their family members were buried in the ruins of a seven-storey building.

The firefighters dug for more than two hours but found nothing.

"There were always emotions," said Leslie. "Feeling for the people. We came all that way to help the people. And sometimes the only way you could help them was to reassure them."

The team was deployed to Nepal from B.C. within two days of the 7.8-magnitude quake, which has killed 7,300 people, injured thousands and left countless more missing. They were able to dispatch with lightning speed on account of a retired member who was already linked to international rescue efforts through the Canadian Medical Assistance Team.

Canada's Disaster Assistance Response Team, known as DART, deployed on Saturday, nearly a week later.

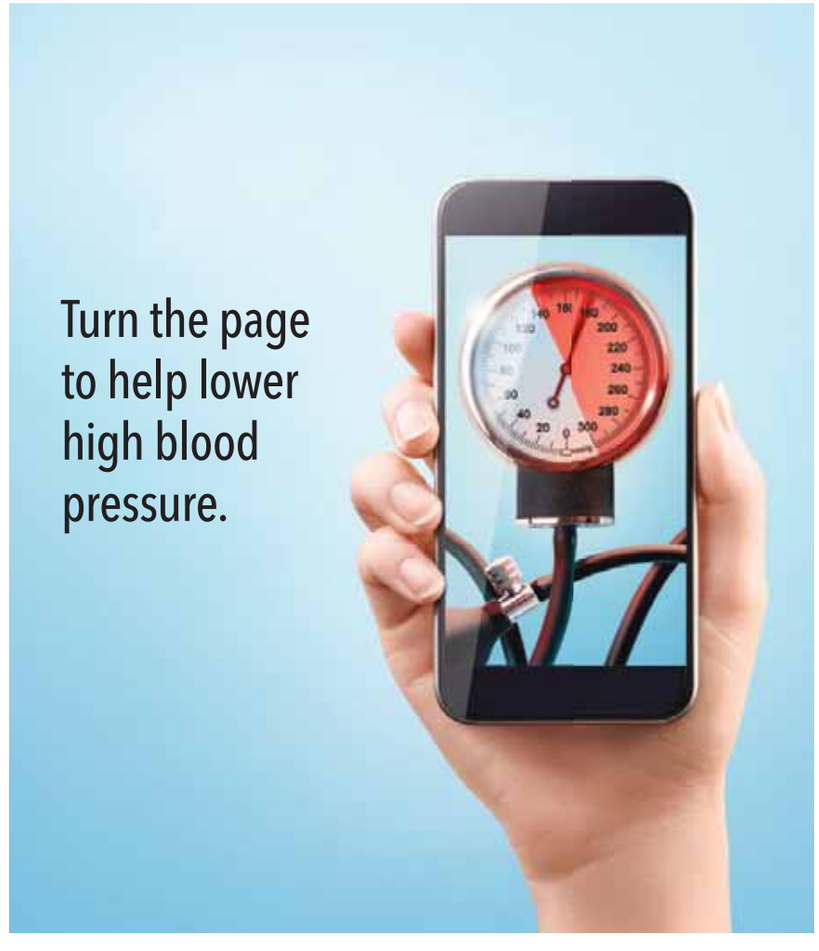
"Our members are volunteers, so it's different. They can go when they want," said Burnaby Fire Chief Doug McDonald. "There's no government-encompassing decisions that are made."

Upon arrival, the team set up at the United Nations' Urban Search and Rescue Camp adjoining the Kathmandu airport, with more than 4,000 other rescuers assembled from around the world. They took directions from the global body, which provided them a sector to search, along with local military personnel and an interpreter.

The team and the sniffer dogs conducted thorough assessments of buildings in its zone and marked rubble they believed to be concealing piles of bodies. The Nepalese army will carry out the removals.

THE CANADIAN PRESS

> **We came all that way to help the people. And sometimes the only way you could help them was to reassure them.**
> Capt. Steve Leslie



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Cyclists participate in CMHA's Ride Don't Hide fundraiser for mental health. CONTRIBUTED

Cyclists ready to get glowing

RIDE DON'T HIDE

Fundraising ride to light up the night for mental health

Matt Kieltyka
Metro | Vancouver

Advocates have long talked about shining a light on mental-health issues, but will do so literally with an illuminating cycling event on Wednesday.

To commemorate mental health week, the Canadian Mental Health Association (CMHA) and Ride Don't Hide have organized a glow ride through downtown Vancouver and are calling on cyclists and supporters to don bright, fluorescent clothing, strap colourful lights on their bikes and find creative ways to glow in the dark during the evening 10-kilometre ride.

Julia Kaisla, CMHA director of community engagement, hopes the eye-popping event can become a staple of Vancouver's busy charity circuit, which already includes June 21's official Ride Don't Hide cycling event.

"I think it will be kind of fun to see how people decorate their bikes with lights. Visually it should be really interesting," she said.

The imagery of a neon procession cutting through darkness isn't lost on Kaisla, who expects a modest first-year turnout but thinks the event will resonate with people over time.

"There are a lot of people out there struggling with mental illness and feel they're in the dark," said Kaisla. "Though the years we've gotten a lot more open in addressing mental health and illness but there's still a long way to go."

The ride will start at Olympic Village Square, at Athletes Way and Manitoba Street, at 7:30 p.m. on Wednesday and will snake through Vancouver's downtown core before finishing at Canada Place.

For more information, visit www.cmha.bc.ca

IN BRIEF

Missing family found after search in wilderness

A family of four has been found after a back-country search north of Kamloops.

Crews were scouring the rural McLure area on Monday, and Kamloops Search and Rescue manager Alan Hobler says the family is now home safely

THE CANADIAN PRESS

Prisoner charged in attack on deputy sheriff

Charges have been laid against prisoner Matthew Hein after an alleged attack on a deputy sheriff in Kamloops in the cellblock of the Kamloops Law Courts on March 16.

A male officer who was injured has since returned to work. THE CANADIAN PRESS

TERRORISM

Bomb-plot suspects toured legislature

A B.C. Supreme Court jury has watched shaky camera footage of a provincial legislature tour taken by a man accused of trying to set off bombs outside those same buildings less than a week later.

John Nuttall made a series of short videos in the leadup to Canada Day 2013, when he and his wife Amanda Korody allegedly dropped off three homemade pressure-cooker explosives in flower planters on the legislature lawn in Victoria.

In one of the videos, Nuttall pointed out various symbols inside the building, including a Star of David in stained glass he described disparagingly as a "Jewish symbol."

Nuttall and Korody were in Victoria at the time on a reconnaissance mission for their alleged terrorist plot — all part of an elaborate RCMP sting.

Court has heard the videos were discovered on Nuttall and Korody's laptops, which were seized when the couple was arrested on July 1, 2013.

In all, the jury was shown about 30 videos that were deemed relevant by investigators, as well as nearly 1,000 pictures and hundreds of website visits.

Nuttall and Korody have each pleaded not guilty to four terrorism-related charges.

THE CANADIAN PRESS

Khadr bail a threat to transfers: Feds

Granting bail to former Guantanamo Bay prisoner Omar Khadr while he appeals his war-crimes conviction in the United States threatens the entire system of international prisoner transfers, the federal government argues in new court filings.

The claim comes in material filed late Monday as part of Ottawa's 11th-hour attempt to block Khadr's release from prison — which could come as early as Tuesday evening.

"A lack of clarity in the international transfer process may jeopardize the system as a whole," the government states in documents obtained by The Canadian Press.

"(Khadr's) release unsettles the foundation of this system by introducing uncertainty and a lack of control over the manner in which Canadian offenders' sentences are enforced."

Springing (Khadr) into the community ... poses an undue risk.

The federal government, in court filings

Despite having presented no such evidence at his bail hearing, the government also now argues that allowing Khadr out — given his long incarceration — presents a risk that is contrary to the public interest.

It does not elaborate on the nature of the risk but notes he has applied for parole in June.

On Monday, the government also filed its formal notice of appeal of the April 24 decision by Justice June Ross of the Alberta Court of Queen's Bench granting Khadr bail. It wants the stay pending disposition of the case.

The last-ditch stay application, slated to be heard by a single Court of Appeal justice on Tuesday morning, says the government "will suffer irreparable harm" if the Toronto-born Khadr, now 28, is released.

In a statement, a Khadr support group denounced the government's "unrelenting vilification" of the prisoner.

"The rights, freedom and liberties of all Canadians are diminished by the actions of this government," Free Omar Khadr Now said. THE CANADIAN PRESS

Trudeau announces economic platform

Liberal Leader Justin Trudeau makes a policy announcement Monday during an event at a restaurant in Aylmer, Que. ADRIAN WYLD/THE CANADIAN PRESS

POLITICS

Liberal leader plans tax hikes for wealthy, cuts for middle class

Justin Trudeau has unveiled the Liberal alternative to the Harper government's economic plan: hike taxes for the wealthiest one per cent to pay for more generous child benefits and an across-the-board income-tax cut for the middle class.

Under the Liberal proposal announced Monday:

- The 22-per-cent tax rate for anyone with a taxable annual income between $44,701 and $89,401 would be cut to 20.5 per cent.
- A new tax bracket of 33 per cent would be imposed on those with taxable incomes over $200,000 a year. The current top bracket of 29 per cent would continue to apply to those earning between $138,586 and $200,000.

A Trudeau government would also scrap Prime Minister Stephen Harper's universal child-care benefit and roll together two other existing child benefits into a single, more generous, monthly, tax-free "Canada child benefit." According to the Liberals, all families with kids under 18 and an annual income below $150,000, or 90 per cent of families, would receive more under Trudeau's plan.

Monday's announcement is a reply to last month's Conservative pre-election budget, which pivots around twin measures to allow parents with children under 18 to split their income for tax purposes and to expand and enrich the universal child care benefit.

Trudeau has promised to scrap the $2-billion parental income-splitting scheme, which critics have said will benefit less than 15 per cent of families, primarily the wealthiest. THE CANADIAN PRESS

TORTURE

Defence's information-sharing documents not being disclosed

The Defence Department is refusing to release the text of a ministerial directive that sets out how the Canadian Forces can seek and share information from foreign partners even when it may put someone at risk of torture.

The Canadian Press requested the 2013 directive a year ago under the Access to Information Act and just this month received a draft copy of the document — marked unclassified — with key elements censored.

However, a classified April 2013 covering letter says the planned directive was based on a government-wide framework that guides Canadian security agencies when seeking or sharing information puts someone in foreign custody at serious risk of being abused. The framework for addressing risks in foreign information-sharing applies to Defence, the Canadian Security Intelligence Service, the RCMP, the Canada Border Services Agency and the Communications Security Establishment, the electronic spy service.

The federal policy has drawn sharp criticism from human rights advocates and opposition MPs, who say it condones torture, contrary to international law and Canada's United Nations commitments. THE CANADIAN PRESS

PM pays tribute to fallen soldiers

Prime Minister Stephen Harper spoke Monday about the great sacrifices demanded in war and how some things are worth dying for.

These notions were deeply personal to the Second World War veterans who listened on the neatly mowed grounds of one of Canada's more heart-breaking military cemeteries.

The graveyard holds the remains of 1,350 Canadian soldiers, killed in the waning days and weeks of the war as Nazi Germany went through its final, convulsive death throes.

They are among the more than 7,600 Canadians who died to free Holland.

MEETING

When Harper met Dutch Prime Minister Mark Rutte, they talked about fighting the Islamic State of Iraq and the Levant and maintaining a firm position on Russia.

Harper remembered them as heroes.

"The heroes who liberated the Netherlands … understood that when there arises a great evil, a threat to all the things that define our existence as a free and just people, such enemies must be confronted," he said, at the first of two commemoration he'll attend while in the Netherlands.

"But only the veterans with us today can really know the fear and desperation they must have sometimes felt or the courage and resolve it took to press forward … And why? Because they knew, they understood deeply, that there are some things on earth worth fighting for, worth dying for."

Linking the horrors of the past with brutal reality of today was persistent theme, not only for the prime minister, but for his Dutch hosts too, at the trilingual service just outside this sleepy village, 59 kilometres northeast of Arnhem. THE CANADIAN PRESS

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Labour gets Brand endorsement

Comedian turned political activist Russell Brand has changed his mind and is no longer urging people not to vote in Thursday's general election. Instead, Brand on Monday used his YouTube channel to urge his more than 1 million subscribers to back the Labour Party's Ed Miliband.

JOEL RYAN/INVISION/THE ASSOCIATED PRESS FILE

U.K. ELECTION

Comedian reverses stance on non-voting, backs Miliband

British comedian-turned-political activist Russell Brand has changed his mind and is no longer urging people not to vote in Thursday's general election — now he wants them to vote for Labour.

Brand used his YouTube channel Monday to urge his more than 1 million subscribers to back Labour Party Leader Ed Miliband, saying the Conservative Party led by Prime Minister David Cameron must be stopped.

The last-minute conversion may influence young voters who have read Brand's best-selling book Revolution and embraced his YouTube complaints about big business and banks having too much power.

The long-haired comedian, who has starred in several films, has campaigned for the rights of London tenants and complained about heartless capitalism. He interviewed Miliband last week for his YouTube channel — prompting Cameron to label Brand "a joke" and to condemn Miliband for appearing with the bawdy comedian.

Brand struck back on YouTube.

"David Cameron might think I'm a joke. But I don't think there's anything funny about what the Conservative Party has been doing to this country, and we have to stop them," he said.

Brand said in his YouTube endorsement that Miliband wouldn't change things overnight but would listen to peoples' complaints. He also tweeted the video to his more than nine million Twitter followers.

Far-right UK Independence Party Leader Nigel Farage, fighting for a place in Parliament, seemed unimpressed by Brand's backing of Labour.

"I'm very pleased Russell Brand hasn't endorsed me," he told BBC Radio.

Miliband's Labour Party also received the endorsement of bestselling celebrity TV cook Delia Smith, who enjoys a national following. Campaigning with Miliband in the seaside city of Brighton, she said she feels the Labour party will protect Britain's National Health Service.

> **"... I don't think there's anything funny about what the Conservative Party has been doing to this country, and we have to stop them.**
>
> Russell Brand

The vote Thursday is expected to be close. Neither of the two main parties — Conservatives and Labour — is expected to win an absolute majority in Parliament because of the growth of smaller parties like the Scottish National Party and UKIP. THE ASSOCIATED PRESS

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ITALY SHIPS RESCUE THOUSANDS OF MIGRANTS AT SEA NEAR LIBYA A child blows a kiss as migrants disembark from the Italian Navy frigate Bersagliere at the Reggio Calabria harbour, Monday. Italian rescue ships brought migrants by the thousands to Italy's southern ports, including a baby born aboard a navy vessel, as crowded shelters in Sicily and on the mainland struggled Monday to find room for them. In a three-day period ending Sunday, 6,771 survivors were rescued in the seas north of Libya from overcrowded rubber dinghies and unseaworthy fishing boats sent out by smuggling rings, the coast guard reported Monday. Ten bodies were found Sunday on boats or in the sea. ADRIANA SAPONE/THE ASSOCIATED PRESS

Gunmen ID'd in attack outside cartoon event

DALLAS

One man well-known to FBI

Since at least 2007, the FBI has been able to recognize the voice of Elton Simpson — one of the men suspected in the Texas shootings outside a contest featuring cartoons of the Muslim Prophet Muhammad.

Agents recorded the young man from Phoenix talking about fighting nonbelievers for Allah. About plans to travel to South Africa and link up with "brothers" in Somalia. About using school as a cover story for travelling overseas.

Simpson was arrested in 2010, one day before authorities say he planned to leave for South Africa. But despite more than 1,500 hours of recorded conversations, the government prosecuted him on only one minor charge — lying to a federal agent. Years spent investigating Simpson for terrorism ties resulted in three years of probation and $600 in fines and court fees.

Then, on Sunday, two men whom authorities identified as Simpson and Nadir Soofi opened fire in a Dallas suburb on a security officer stationed outside the contest. The officials spoke only on condition of anonymity because they were not authorized to discuss the investigation by name.

The deliberately provocative contest had been expected to draw outrage from the Muslim community. According to mainstream Islamic tradition, any physical depiction of the Prophet Muhammad — even a respectful one — is considered blasphemous, and drawings similar to those featured at the Texas event have sparked violence around the world.

Simpson and Soofi were wearing body armour, and one shot the guard in the leg. A police officer returned fire and struck both men, killing them. The guard was treated for his injury at a hospital and released.

Simpson, described as quiet and devout, had been on the radar of law enforcement because of his social media presence, but authorities did not have an indication that he was plotting an attack, said one federal official familiar with the investigation. Less was known about Soofi who appeared to have never been prosecuted in federal court, according to a search of court records.

Simpson had worshipped at the Islamic Community Center of Phoenix for about a decade, but he quit showing up over the past two or three months, the president of the mosque told The Associated Press. A convert to Islam, Simpson first attracted the FBI's attention in 2006 because of his ties to Hassan Abu Jihaad, a former U.S. Navy sailor who had been arrested in Phoenix and was ultimately convicted of terrorism-related charges, according to court records.

In the fall of that year, the FBI asked one of its informants, Dabla Deng, a Sudanese immigrant, to befriend Simpson and ask for advice about Islam. Over the next few years, Deng would tape his conversations with Simpson with a hidden recording device accumulating more than 1,500 hours of conversations, according to court records.

THE ASSOCIATED PRESS

RECONSTRUCTION

Nepal calls for more international aid

Nepal's government will need immense international support as the Himalayan nation begins turning its attention toward reconstruction in the coming weeks, in the wake of the devastating April earthquake, a top official said Monday.

Nepal is one of the world's poorest nations, and its economy, largely based on tourism, has been crippled by the earthquake, which left more than 7,300 people dead. While there are no clear estimates yet of how much it will cost to rebuild, it will certainly be enormously expensive.

"In two to three weeks a serious reconstruction package needs to be developed, where we'll need enormous help from the international community," said Information Minister Minendra Rijal.

He also said foreign rescue workers were welcome in Nepal, saying they could remain as long as they are needed.

THE ASSOCIATED PRESS

EVEREST

Sherpas refuse to rebuild trek route

Sherpas in Nepal have refused to rebuild a climbing route on Mount Everest that was destroyed by an earthquake-triggered avalanche more than a week ago, a decision likely to end this year's climbing season.

Gyanendra Shrestha, an official at Nepal's Mountaineering Department, said the Sherpas informed the office on Monday that they were not going to rebuild the route because of safety and time reasons.

It would be the second consecutive year that the climbing season has been called off because of deaths on the world's highest peak. The season was cancelled last year after an avalanche killed 16 Sherpa guides.

Mountaineering teams have until the end of this month to climb the peak, but without the route being fixed it is not possible for them. The Sherpas play a crucial role by bringing the ladders, ropes and equipment needed to clear the trail.

THE ASSOCIATED PRESS

IN BRIEF

Taliban 'welcome' peace efforts after Qatar talks

Taliban militants who have been waging war on the Afghan government for more than a decade on Monday expressed a willingness to soften their position on a range of issues, an apparent shift that could eventually lead to peace talks. But despite those positive signs following two days of informal talks in Qatar, a wave of Taliban attacks targeting police checkpoints late Sunday night in the remote Afghan province of Badakhshan, killed at least 16 policemen.

THE ASSOCIATED PRESS

Civilians killed in U.S.-led strikes on ISIL-held village in Syria: Rights group

A Syrian rights group reported Monday that the death toll of civilians purportedly killed in airstrikes by the U.S.-led coalition on a village controlled by ISIL in Syria has risen to 64, including 31 children, as the U.S. military said it is assessing whether to launch a formal investigation into the claim. U.S. Army Col. Steve Warren, a Pentagon spokesman, said that so far there was no information to indicate there were civilians present in the village.

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Watchdogs keeping eye on Apple's Beats

STREAMING MUSIC

Regulators fear aggressive tactics against competition

Apple appears to have raised the ire of anti-trust authorities as it prepares for the launch of its Beats music streaming service, according to reports.

Both the European Union's Competition Committee and the U.S. Department of Justice are reportedly watching the Cupertino, Calif.-based company, as it may be using aggressive tactics with record labels to hamper the competition as it prepares to enter the market.

With the launch of Beats Music expected this summer, Apple is apparently trying to pressure music labels to not renew Spotify's licence to stream music through its free tier.

While Spotify has 60 million users, only 15 million are paid users of its $10 a month service.

The Verge website reported that the according to multiple sources, the U.S. Department of Justice is tracking the company, which follows a New York Post report that European Union's Competition Commission has launched a probe into the company's business practices. The New York Post says that Apple wanted to charge less than $10 a month for its impending streaming service to undercut the competition, but couldn't make the pricing work.

The Verge also reported a source saying that Apple offered to pay Universal Music group the equivalent of what it gets from YouTube Licensing fee if it stopped putting its music up on the service.

YouTube is still where the majority of people go online to listen to music, and it has also launched a paid music tier service.

Ahead of Apple's Beats launch, Spotify is offering promotions in Canada in the hopes of growing its user base. The company is offering three months of its premium tier for 99 cents a month. Wireless company Fido is offering two years of Spotify premium for free as part of its Pulse plan promotions.

TORSTAR NEWS SERVICE

SPOTIFY WOOING CANADIANS

City-themed playlists
Marketing Magazine reported that, in a bid to be seen as catering to local tastes, Spotify has unveiled a number of new Canadian city-themed playlists.

Spotify created these playlists using the data it has showing what's popular in each of those cities, and added in tracks suggested by local influencers.

LAS VEGAS AGING RIVIERA AGING NO MORE A sign thanks customers outside the Riviera Hotel and Casino on the Las Vegas Strip, which shut down at noon Monday as the last few gamblers tried their luck on slots. The Las Vegas Convention and Visitors Authority, which bought the building where Liberace and Frank Sinatra once were headliners, plans to tear it down and expand the Las Vegas Convention Center to the Strip. JOHN LOCHER/THE ASSOCIATED PRESS

Seniors file for insolvency with big debts: Report

Seniors and those approaching retirement are making up a growing proportion of those filing for insolvency in Ontario and have bigger debts compared to younger people, a report said Monday.

And while credit card debt makes up the largest portion for them, payday loans are a growing concern for seniors, said Doug Hoyes, co-founder of bankruptcy trustee firm Hoyes, Michalos & Associates Inc. which did the report.

"It is a treadmill that you can never get off of," Hoyes said of the short-term loans that often carry high interest rates.

$68,677

Debtors 50 and older had $68,677 in unsecured debt; those over 60 had debt of $69,031, the report found.

According to a review of 6,000 insolvency filings handled by the firm in 2013 and 2014, the share of debtors aged 50 and over increased to 30 per cent compared with 27 per cent in the previous two-year period.

Hoyes said the number of people filing for insolvency has been trending down in recent years, but use of payday and fast cash style loans is on the rise.

The percentage of debtors with at least one payday loan increased to 18 per cent compared with 12 per cent two years ago, while the average total payday loan debt for those with them rose 12 per cent to $2,749.

Seniors were less likely to use payday loans at just nine per cent of those over 60 filing for insolvency with one, but those that did owed $3,693 on average.

Hoyes said some of the growth in seniors filing for insolvency is due to more people reaching retirement as baby boomers get older.

And while for some that has meant selling their home for a big profit and a comfortable retirement, for others, medical bills, job loss or divorce have crippled them financially, he said.

"Unfortunately, if you go into retirement with debt, you've got a huge problem because now your income has gone down and you can't service it," he said.

Hoyes said though the report was based on insolvency filings in Ontario, he suggested the trends would likely be similar in other jurisdictions across the country.

"The basic trends are the same. The population is aging. We know that debt levels are increasing across the country. It is probably pretty comparable across the country as well."

And he added, if interest rates start to climb, it could spell serious problems for those with debts with variable rates of interest.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Tuesday, May 5, 2015

the big question

How old is old enough for kids to go out on their own?

Whether it's playing at the park or spending money at the Lego store, a bit of independence is good for the mental and physical health of kids age nine to 11, said Ryerson University professor Raktim Mitra. He studied 1,000 Grade 5 and 6 students wearing exercise monitors for a week in the Toronto area. Kids allowed to explore on their own were 14 to 19 per cent more active than those constantly supervised. Most provinces don't have a specific law, so it's up to parents to decide when a child is mature enough for solo adventures.

Take a few steps to get to know your city

YOUR RIDE
Karen Quinn Fung

When was the last time you had an enlightening discussion with a stranger while walking?

For a number of folks in Metro Vancouver and thousands more in cities around the world, the answer might very well be this past weekend as participants in the Jane's Walk event.

Jane's Walk is a weekend-long annual series of walking tours, led by volunteer members of the public who freely share stories and expertise about their communities. Started in 2007 in Toronto and New York, it commemorates the birthday of Jane Jacobs, a writer, activist and observer of cities who was a key figure in grassroots efforts to overturn cities' freeway plans in the 1960s. Jacobs, who passed away in 2006, emphasized the value and depth of knowledge to be gleaned from the simple yet insightful act of walking — in an age when cars dominated discourse about city development.

For 2015, Jane's Walk featured an unprecedented 70 walks (or in some cases, bike tours) in 13 of our metro area's 22 municipalities — a two-fold increase in walks over 2014.

The event's open-ended ethos means that topics of walks run the gamut of interests, from urban growth, walkable communities and the history or future of regional transportation, to public art, civic heritage, local hiking trails, craft breweries and even geology.

This year's event got a couple boosts: from TravelSmart, the program supporting active transportation for commuter trips, as well as from New Westminster Mayor Jonathan Coté, who challenged his fellow mayors across the region to get the highest number of walks. Several of them took him up on it, leading or joining walks in their respective municipalities.

It's a simple but irresistible recipe: pick an area and a topic, lead a walk, then share and expand your knowledge with anyone who cares to join you. But its appeal is deeper for a port city like Vancouver, where many of us remember all too well when we were newcomers here — and might long be wondering when we get to shed the title.

For those of us who drive through parts of the region to work and have no reason to slow down or stop, it can be refreshing to get to enjoy more than a passing glimpse at what keeps locals passionate about living in a given area or place.

Whether we count our time spent in our neighbourhood or city in months, years or decades, walks are a low-barrier way to sate our curiosity about the stories and forces that shape our home and region — and to gain a better sense and fondness of the mark it has left, and may still yet leave, on our own journeys through life.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

Why would anyone go to a play about residential schools?

You might think you know about residential schools.

You've seen them in headlines since the Truth and Reconciliation Commission began unwrapping the individual horrors of the government's attempts to destroy indigenous culture. You know about the abuses, the tearing apart of families, the ripple effects of alcoholism, the violence and the poverty.

You know who was the victim and who was to blame. So you'd know what to expect if you went to see a play about it. And then, if that play is God and the Indian, you'd be disappointed.

In the play, now running in Toronto and headed to Vancouver later in the month, Johnny Indian confronts the priest she believed raped her as a child. And he denies it.

The priest, George King, and Johnny each battle to prove the other wrong. The audience acts like a jury, but if pressed we would declare ourselves hung. No one leaves the theatre innocent.

"Very few characters in history who are evil think they're evil," playwright Drew Haydon Taylor told me over the phone. He was busy preparing a dinner of stuffed peppers, "a traditional Ojibwe dish."

Yes, that's a joke. Taylor is a funny man, often writing plays and satires that capture what he calls indigenous "survival humour." As an elder once told him, "Humour is the WD-40 of healing for native people."

It is also present in Johnny. "I guess it helps when you are the same race as God," she quips in the play. Another time she mentions getting pregnant with a man named Dick: "That's what happens with Dicks," she says.

The audience acts like a jury, but if pressed we would declare ourselves hung. No one leaves the theatre innocent.

Taylor's comedic plays are subversive, he argues, because "the vast majority of my native characters aren't dysfunctional enough for mainstream audiences."

Even Johnny — homeless, mentally ill and physically unwell — is far more than a victim. But God and the Indian is subversive, too, in all the questions that it does not answer.

The trick of this play isn't what it tells you about residential schools — it's what it doesn't say about who is to blame. There is no justice. Despite her pleas, Johnny doesn't get a confession. Despite his denial, we don't know if the priest is innocent.

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PHILOSOPHER CAT
by Jason Logan

Follow the Gold Record Road

Blues. Jazz. Country. Rock 'n' roll. Gospel. Southern Gospel. Cajun-zydeco. Soul/R&B. Bluegrass. Nine of America's most well-known music genres now have their own road map. Led by Nashville preservationist Aubrey Preston, a group of historians and music lovers came up with the Americana Music Triangle The Associated Press

Stretching from Nashville to Memphis to New Orleans — and encompassing points in between — the Americana Music Triangle includes locations in the Deep South that helped birth of the musical genres, from Clarksdale, Miss., the home of blues masters Muddy Waters and John Lee Hooker, to Muscle Shoals, Ala., site of the famed music studio where Aretha Franklin, the Rolling Stones and many others recorded songs.

Philanthropist Aubrey Preston hopes the triangle gives travelling music lovers, both foreign and domestic, a multi-state, Internet-based, interactive guide of the cradle of America's music, while also spurring enough interest for community leaders to preserve these spots for future educational and tourism opportunities.

State and local tourism officials hope much-needed dollars flow into their towns from travellers with cash to spend on restaurants, music shows, shops, and even gas stations and car washes.

"We're giving an anchor, a cloud of information ... that's easily accessible and connects places, stories, people and music to information that people can get from any place in the world," said Preston, whose last-minute purchase of Nashville's legendary RCA Studio A in October 2014 saved it from being torn down.

Events scheduled throughout this week in six cities will launch the Americana Music Triangle.

CONTRIBUTED

Historian Colin Escott says the triangle accurately spotlights locations that will draw people to the South: the jazz halls of New Orleans, the rock 'n' roll and soul studios of Memphis, the cotton plantations of the Mississippi Delta.

"People do seem to want to touch something that's real," said Escott, co-writer of the book and musical Million Dollar Quartet and contributor to the triangle project. "They love this music throughout the world, and it is like a universal currency."

A city of about 17,200 about one-and-a-half hours' drive south of Memphis, Clarksdale has seen its share of population loss, poverty, troubled schools and blight, like other small towns in the triangle.

But, in recent years, the city has tried to boost its agriculture-driven economy with tourist spending and the sales taxes it generates. Downtown has seen an increase in restaurants and accommodations like loft apartments, and population appears to be growing. Tourists from overseas are making more frequent treks to Clarksdale, according to Mayor Bill Luckett and co-owner of Ground Zero Blues Club.

"Pulling this project off will be a tremendous help to this whole region," Luckett said. "It puts money in this economy that wasn't here before."

Luckett says promoting tourism does not exploit the city's more disadvantaged residents, some of whom may resent that so much attention is being paid to tourists while they struggle.

"There are some people who are going to express some resentment. I read it, I hear it," Luckett said. "Frankly, it's unfair and untrue."

Tourism and civic leaders in each location are encouraged to direct tourists to other spots on the trail, even if they are in another state. This sets the project apart from government-run initiatives that won't promote tourism experiences outside their purview.

The project's supporters hope that, as more people are drawn to these locations, governments, philanthropists and non-profits will move to preserve the sites and increase opportunities for musicians.

"If you have more regular (visitor) traffic, then you can start to have more music," said Roger Stolle, owner of the Cat Head Delta Blues & Folk Art store in Clarksdale. "It not only means that venue is going to be there for a long time, but it gives a reason for musicians to be there."

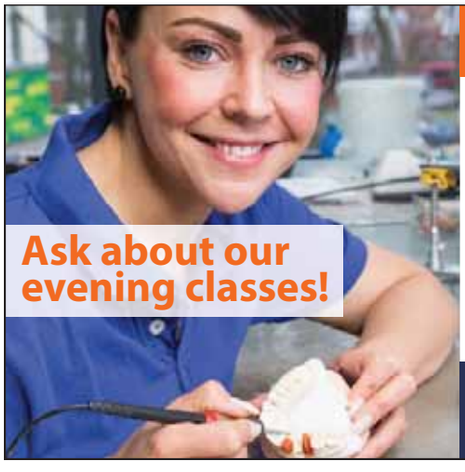
MUSIC CRADLE

Jazz, blues, rock and soul

Destinations are connected by the Gold Record Road, a 1,500-mile stretch of highway made up of Interstate 40 from Nashville to Memphis, Highway 61 — the Blues Trail — from Memphis to New Orleans, and the Natchez Trace Parkway from Nashville to Natchez, Miss. Travellers planning road trips can use a website as a guide, pinpointing destinations in the triangle and describing points of interest in more than 30 communities in Tennessee, Alabama, Mississippi, Louisiana and Arkansas.

> **People do seem to want to touch something that's real. They love this music throughout the world, and it is like a universal currency**
> Historian Colin Escott

Omar Gordon, 24, plays the guitar outside the Cat Head Delta Blues & Folk Art store in Clarksdale, Miss., the home of Muddy Waters and John Lee Hooker. ADRIAN SAINZ/THE ASSOCIATED PRESS



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IN BRIEF

Sleepwalking runs in families

Did you sleepwalk when you were a kid? Still do it occasionally? If so, chances are your children will do it, too.

A new study adds support to the growing belief that behaviours like sleepwalking and sleep terrors run in families.

Researchers at Montreal's Centre for Advanced Research in Sleep Medicine report that the offspring of parents with a history of sleepwalking are between three and seven times more likely to sleepwalk than other children.

The likelihood rises if both parents are or were sleepwalkers.

The findings are published in the journal JAMA Pediatrics. AFP

Genetically modified rice could prevent birth defects

Bolstering rice with a gene to produce more folate, or vitamin B9, could ward off birth defects, according to a new study.

An estimated 50 to 70 per cent of all neural tube defects occur due to maternal folate deficiency, according to the Belgian research team.

The researchers suggest their folate biofortified rice (FBR) would be consumed in regions that lack the vitamin, such as Balrampur, India and Shanxi, China.

The idea of fortifying food with folic acid isn't new. Yet around the world, women are not taking enough folic acid. AFP

The agony of eggs-tacy

DATING

Reader tries to decipher the meaning of brunch post one-night stand

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen

A year after a breakup with my common-law partner, I finally made the decision to start dating. I met this nice guy and we had a good time. Maybe I was a bit too eager, you know, after not dating for a year, but I ended up "sleeping over."

The next morning we went for brunch together. Having been out of the dating scene for a few years, I wasn't sure about the etiquette.

Who should pay in a situation like this? Do you go Dutch or does it mean something else if one of you picks up the bill? Also, is brunch just a way he was able to get me out of his apartment (maybe this was a one-night stand), or was it a signal that he's interested and wanted to spend some more time getting to know me more?

Just trying to understand the nuances of modern dating.

— Christopher, Toronto

Dear Christopher,

Let's address the easy part first: Who pays? Answer: You should offer to pay if you did the inviting; offer to go Dutch if he did.

As for everything else (i.e., "is it brunch or true love?"), many advice-givers will tell you: "Don't over-analyze" or "Take it slow and see what happens" or "Careful not to set yourself up for massive disappointment" — but rest assured, I am not one of them.

I like to give advice a person can actually follow, like:

"Spend every waking minute obsessing about how the date went," and "Check your phone repeatedly for any sign of communication," and "Pour your heart into an excruciatingly detailed romantic fantasy about the two of you."

If a one-night stand has brunch with you the next day, does this mean it's true love? ISTOCK

The thing is, Christopher, if you like this guy, you're going to do all this crazy stuff, anyway, so why waste time pretending you're not? See? My brilliant advice has just saved you hours of pointless self-chastisement, which you can now spend in a dreamy delusional haze that hurts no one except, well ...

OK, yes, you probably are setting yourself up for massive disappointment. But suffering is a part of life! And this kind of luxurious emotional agony is a privilege at any age.

The only real downside is that it may temporarily skew your musical tastes (Someone Like You on endless loop, anyone?).

In the meantime, the pre-agony ecstasy is there for the taking, my man. Go for it.

RESEARCH

Eat an apple, shop healthier at the grocery store

Eating an apple upon entering the grocery store may prompt shoppers to buy 25 per cent more fruits and vegetables, according to a new study from the Cornell Food & Brand Lab.

"Having a small healthy snack before shopping can put us in a healthier mindset and steer us towards making better food choices," says Aner Tal, PhD of Cornell.

Tal and co-author Brian Wansink conducted three experiments to make their case, the first of which involved 120 shoppers. They were given at random an apple, a cookie or nothing at all as they arrived at the grocery store.

Tracking their purchases, the researchers concluded that those who had eaten an apple bought 28 per cent more fruits and vegetables than those who had consumed a cookie and 25 per cent more fruits and vegetables than those who were not given a snack. In the second experiment, 56 participants who were given either a real cookie or a real apple to eat and then shown 20 images containing two products each.

They were asked to select which one they would purchase and each image featured one healthy item and one unhealthy item, calorie count being the distinguishing factor.

Results were similar to the first experiment, with the cookie eaters opting for a disproportionate amount of unhealthy items. AFP

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Golden State point guard Stephen Curry was named NBA MVP

Tuesday, May 5, 2015

Covington's work ethic matches his pedigree

NFL

Vancouver College grad drafted by Texans

Cam Tucker
Metro | Vancouver

Todd Bernett could see Christian Covington transforming into a special football player, especially during his Grade 12 year with the 2010 provincial champion Vancouver College Fighting Irish.

Covington graduated, went on to play as a defensive tackle on full scholarship at Rice University in the NCAA and on Saturday was selected in the sixth round of the NFL Draft by the Houston Texans, becoming the lone Canadian taken this year.

"By his senior year, I think it was clear he was going to be the type of player to have the opportunity, as long as he stayed healthy, to play professional football," said Bernett, Fighting Irish head coach.

Covington, billed at six-foot-two and 289 pounds, declared for the NFL Draft in January, coming off an injury-shortened 2014 season. His draft profile on the NFL's website listed natural power as his main strength.

In the CFL Scouting Bureau's final rankings, Covington was also listed as the top-ranked player heading into next week's draft. His father, Grover Covington, is a member of the Canadian Football Hall of Fame after a standout 11-year career in Hamilton.

"I know that's a good part of the story," said Bernett.

"It's not like he relied on that. He worked as hard as everybody else to make the most of ability and that's all we ask of the kids, is to maximize their ability.

"It's there as something he can look at and strive to be, the calibre of player that his dad was. But it's his willingness and work ethic and great focus."

As Covington advances in his career, Bernett brought up an anecdote about his earliest connection with the football program at Vancouver College.

"He started out there in the elementary school, he was a water boy on our sidelines — water boy and ball boy," said Bernett.

"He saw a lot. He was on the sideline for … five championship losses, cried in the locker-room with all of us after every one of them. As much as any player I've ever coached, he's seen so much and that's why … winning the championship with us his senior year alone was a pretty cool story.

"And now this. It would be a great documentary."

PRO DAY STATS

40-yard dash: 4.91 and 4.89 seconds
Vertical jump: 30-1/2 inches
Broad jump: Nine feet, three inches
Short shuttle: 4.43 seconds
Three-cone: 7.43 seconds
Bench: 24 reps of 225 pounds
NFL.COM

Christian Covington, left, played defensive tackle for Rice University and was selected in the sixth round — 216th overall — of the NFL draft this past Saturday. HANS PENNINK/THE ASSOCIATED PRESS

CFL

New Lions receiver transitioning to 3-down football

Austin Collie, right, last saw action in the NFL with the New England Patriots in 2013. GETTY IMAGES FILE

Austin Collie recognizes the situation is a little strange. Despite having never suited up for a down of Canadian football, the former NFL receiver counts as a national player for the B.C. Lions.

Born in Hamilton while his father was playing in the CFL with the Tiger-Cats, Collie took up football after the family relocated to California.

Collie was drafted by the Indianapolis Colts in 2009 out of Brigham Young University and caught passes from Peyton Manning for four seasons, but a series of injuries — including three concussions — meant that the phone eventually stopped ringing with NFL teams interested in his services.

16

Collie registered 179 catches for 1,908 yards and 16 touchdowns in 49 games over his five NFL seasons.

That's when he decided to give three-down football a try in the country of his birth despite having never stepped on the longer, wider field with an extra player until the Lions held a three-day offensive minicamp last week.

"It's a little bit different," Collie said after one the workouts. "But football's football."

If he can stay healthy, the 29-year-old could be a key cog for the Lions this season, especially when dressing Canadian players at skill positions means an extra international player can be plugged into another area of need. THE CANADIAN PRESS

WHITECAPS

Dean leans on life lesson

Christian Dean, the Vancouver Whitecaps' 22-year-old centre back, learned at an early age about being a good teammate.

"When my dad was my basketball coach, starting me every game and then one game he didn't start me," said Dean.

"I think starting at that moment, I realized it's not just about you playing all the time, you have to push the guys that are going to play and prepare them for the game each week.

"I was like (six years old). That was like YMCA basketball."

Dean can apply that experience to the reality facing him now.

The Whitecaps have five centre backs on their roster.

That's by design of head coach Carl Robinson, who stressed depth at the position well before this season started.

> **"I want to see a big, strong, physical performance from him. But also bring a bit of calmness on the ball.**
> Whitecaps head coach Carl Robinson

The club said goodbye in the off-season to Johnny Leveron and Andy O'Brien, then brought in 34-year-old Pa-Modou Kah, first-round draft pick Tim Parker and Uruguayan Diego Rodriguez to join Dean, and Kendall Waston.

Dean, taken third overall in the 2014 SuperDraft, has received playing time with the USL squad, and the U.S. U-23 squad, but has yet to see a single minute of MLS competition this year.

He'll get an opportunity to play against FC Edmonton on Wednesday, in the first leg of this Amway Canadian Championship semifinal.

"I want to see a big, strong, physical performance from him," said Robinson. "But also bring a bit of calmness on the ball." CAM TUCKER/METRO

Holtby the hero for Caps

NHL PLAYOFFS

Washington takes 2-1 series lead over New York Rangers

GAME 3 In Washington

1 CAPITALS 0 RANGERS

Braden Holtby made 30 saves Monday night for his second career playoff shutout and Jay Beagle scored his first goal of this post-season, giving the Washington Capitals a 1-0 victory over the New York Rangers.

Washington has a 2-1 lead in the Eastern Conference semifinals. Alex Ovechkin was held without a goal for the first time in the series. It was one of the Capitals' less-heralded players, Beagle, who put the puck past Henrik Lundqvist on a second-effort, deflected shot 7-1/2 minutes into the second period.

Holtby was at his glove-catching best, including stopping Martin St. Louis on a 1-on-1 six minutes after Beagle scored, and the crowd chanted the goalie's last name at the final buzzer.

Game 4 of the best-of-seven series is at Washington on Wednesday night.

This was the type of nail-biter the Rangers play: They have participated in 10 consecutive playoff games decided by one goal, an NHL record.

And in seven of its eight games in this year's playoffs, New York has allowed two goals or fewer.

But under first-year coach Barry Trotz, and with Holtby matching Lundqvist save for save, the Capitals are proving just as adept at this sort of tight, low-scoring hockey.

Despite getting outshot 30-22, the Capitals did manage stretches of sustained pressure in the Rangers' zone, including leading up to the only goal. And the score came from a surprising source: the line of Beagle, Troy Brouwer and Andre Burakovsky. They had zero goals through Washington's first nine games of this post-season.

Off passes from Brouwer and Burakovsky, Beagle sent a shot on net that Lundqvist swept aside. But Beagle kept at it, going to the boards to collect the rebound, then swooping around the back of the net for a backhand shove of the puck. It appeared to ricochet off defenceman Keith Yandle, then Lundqvist's left skate on its way in.

That gave Beagle three goals in 33 playoff games following a regular season in which he scored 10 times.

Not too long afterward, the Rangers had a great opportunity to tie it. Capitals defenceman John Carlson's shot from inside the blue line was blocked by St. Louis, who raced the other way all alone. But Holtby made the save with a flick of his glove, drawing roars from the crowd.

Rangers forward Rick Nash took seven shots and levelled Capitals defenceman Brooks Orpik early in the third period, but remains without a goal in the series.

Early on, the Rangers dominated. It took more than six minutes for Washington to generate its first shot on goal, with Joel Ward's snap shot easily grabbed by Lundqvist. By then, the Rangers had sent a half-dozen pucks at Holtby; they wound up outshooting Washington 11-6 in the scoreless first period.

Not quite as large a disparity as New York managed in the first period of Game 2, 15-4, and, more significantly, not the same margin on the scoreboard. The Rangers led 2-0 in Game 2 en route to a 3-2 victory.

The Capitals had their league-best power-play on the ice twice in that period, but couldn't break through. They did get one superb chance, when Marcus Johansson found Ovechkin alone in front of the net, but the man known as Alex the Great sent the puck right at Lundqvist's chest.

THE ASSOCIATED PRESS

The Capitals' Marcus Johansson hits Rangers defenceman Marc Staal into his bench during Game 3 of their Eastern Conference playoff series in Washington on Monday night.

PATRICK SMITH/GETTY IMAGES

IN BRIEF

Red Sox's Ramirez leaves injured after catch attempt

Red Sox left fielder Hanley Ramirez left Monday night's game against Tampa Bay after running into a side wall while attempting a catch. The team announced later it was a sprained left shoulder.

Ramirez ran toward the corner to catch James Loney's slicing fly ball along the foul line. He had it in his glove before it popped out when his left shoulder hit the padded wall.

After retrieving the ball and throwing it in, he dropped to one knee before manager John Farrell and a trainer ran out to left field — along with a few Red Sox position players. Ramirez missed the final two months of 2011 after spraining the same shoulder, when he was with the Marlins.

THE ASSOCIATED PRESS

Canada gives Czechs six of the best at worlds

Jordan Eberle and Taylor Hall each had a goal and an assist Monday as Canada downed the Czech Republic 6-3 to stay perfect at the world hockey championship. Sean Couturier, Tyler Seguin and Sidney Crosby also scored for Canada (3-0-0), which got 22 saves from Mike Smith and sits atop Group A with nine points. Tyler Toffoli added a goal into an empty net to go along with an assist. Martin Erat, Martin Zatovic and Vladimir Sobotka replied for the host Czechs (1-1-1). THE CANADIAN PRESS

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NBA PLAYOFFS

Bulls draw first blood against Cavs

Derrick Rose scored 25 points and Pau Gasol added 21, leading the Chicago Bulls to a 99-92 victory over the short-handed Cleveland Cavaliers in Game 1 of the Eastern Conference semifinals on Monday night.

Looking like the MVP he was before being slowed by knee injuries, Rose helped the Bulls swipe home-court advantage from the Cavs, who were missing starters Kevin Love and J.R. Smith.

Jimmy Butler added 20 points and banked in a contested jumper with 30 seconds left as the Bulls closed it out. Kyrie Irving scored 30 points and LeBron James added 19 and 15 rebounds for Cleveland, playing its first game since Love — one of the Cavs' Big 3 — who is lost for the remainder of the post-season with a shoulder injury.

Game 2 is Wednesday night

THE ASSOCIATED PRESS

Bulls guard Derrick Rose shoots over Cavaliers centre Timofey Mozgov on Monday.

TONY DEJAK/THE ASSOCIATED PRESS

RECIPE Almond Butter Glazed Salmon with Panko Sesame Crust

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 12 minutes

Ingredients
- 1½ Tbsp almond butter
- 1 Tbsp light soy sauce
- 1 Tbsp mirin or sweet rice wine vinegar
- 1 tsp honey
- ½ tsp minced ginger
- ½ tsp minced garlic
- ½ tsp hot sauce
- 1½ lb salmon or tilapia
- 1/3 cup panko bread crumbs
- 2 Tbsp chopped or sliced almonds
- 1 tsp sesame seeds
- 2 tsp sesame oil
- Salt

Directions

1. Preheat oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. In a small bowl, combine almond butter, soy sauce, mirin, honey, ginger, garlic and hot sauce until smooth. Place fish on baking sheets and spread sauce over top.

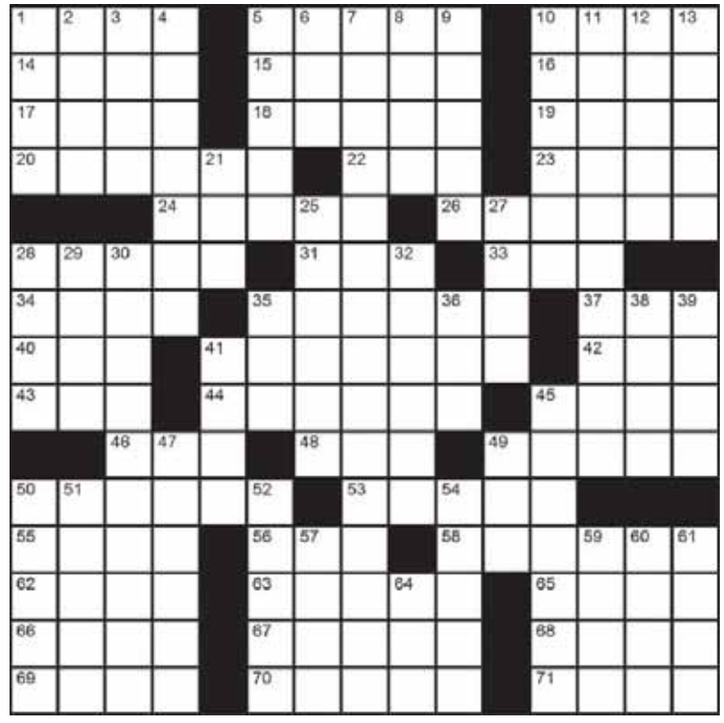
3. In a small bowl, combine panko, almonds, sesame seeds, oil and salt. Sprinkle over fish and bake for 12 minutes or just until cooked.

Nutrition per serving (recipe serves 4)
- Calories 288
- Protein 30.5 g
- Carbohydrates 10.5 g
- Fat 12.9 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cinco de _ (Annual commemoration celebrating Mexico's 1862 victory over France in the Battle of Puebla)
5. Canadian superhero team from Marvel Comics, _ Flight
10. Medieval chest
14. Cain's sibling
15. Wilt
16. Not nice
17. Ruben's "American Idol" runner-up
18. Face value, as per stocks: 2 wds.
19. Sound of disgust, comics-style
20. Writer Mr. Melville
22. 'Press' suffix
23. Web addresses, commonly
24. Move as a hungry lion
26. "_, _, how are you and stuff?"
28. Nonsense
31. Use up
33. Maiden name indicator
34. Pub orders
35. Sarah's "Sex and the City" role
37. Sound setting [abbr.]
40. "Everything _" by Bush
41. Canadian actress Amanda known as the 'Grand Empress of Sci-Fi' to her fans
42. Time
43. Forever, practically
44. Windbreaker
45. Movie's work force
46. Listener
48. Festive drink
49. Stone worker
50. Weekend trip bag
53. Commence
55. Creatures of folklore
56. Caesar's 2050
58. Radiated
62. Relax
63. Brasserie beverage
65. Postal _
66. Use adhesive
67. "St. _ Fire" (1985)
68. _ socks
69. Liturgical vestments
70. Ms. O'Donnell
71. Mail

DOWN
1. Speed of sound, _ 1
2. Adept
3. Birthdate info
4. _: The Greco-Roman Collections of Berlin (Current exhibition at the Winnipeg Art Gallery)
5. A Bell for _ (John Hersey novel)
6. Edmonton transport service [acronym]
7. Leonard Cohen's current Juno-winning album: 2 wds.
8. Rime
9. After: French
10. Hospital vial [var. sp.]
11. Labrador dogs
12. Shower sealant
13. Fennel-like flavour
21. Branch
25. Sword or missile
27. Blood type, _ _.
28. Smog
29. Margarine
30. CKC = Canadian _ _
32. Battlefield medic's prioritizing
35. Fire
36. Pen's content
38. Nabisco cookie
39. Yard's spread of grass
41. Does some road work
45. Cute-style Canadians
47. Grocery store lanes
49. Stir
50. Russian river
51. On _ _ (Is winning)
52. Fireplace smoulderer
54. V-formation fliers of Canada
57. Venus de _ (Ancient statue)
59. Finished
60. Utopia
61. Home title proof
64. French queen's mate

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be able to do anything but that does not mean you have to do everything. Decide what it is you are really good at and commit yourself to it 100 per cent.

Taurus April 21 - May 21
Some people think you are lazy but that's far from the truth. It's just that you see no point exerting yourself for things that are of no importance. It's better to be ambitious about one thing than lukewarm about many things.

Gemini May 22 - June 21
Under no circumstances agree to do someone else's work for them today. Yes, of course, you would most likely make a better job of it but that's not the point.

Cancer June 22 - July 23
You know what you want and you know where to get it, so why do you hesitate? Maybe it's because you fear you don't have the right to just take it. You know what they say: possession is nine-tenths of the law.

Leo July 24 - Aug. 23
With Jupiter in your sign you feel you can do as you please, and to an extent you are right, but there may still be long-term consequences.

Virgo Aug. 24 - Sept. 23
Don't overdo it physically today. It may be true that no effort is too much for you while the Sun moves through your fellow Earth sign of Taurus, but you have limits like everyone else and if you go too far you could regret it.

Libra Sept. 24 - Oct. 23
Friends will make all sorts of promises over the next 24 hours but if you expect them to deliver you may be disappointed.

Scorpio Oct. 24 - Nov. 22
If something no longer works for you the way it once did, then get rid of it. That may sound ruthless but this is no time for sentiment, still less for taking risks with your long-term security. Don't cling to the past.

Sagittarius Nov. 23 - Dec. 21
Don't tie yourself down to set aims and objectives over the next 24 hours because it is highly likely that things will change fast and you will have no choice but to change with them.

Capricorn Dec. 22 - Jan. 20
Are you feeling lucky? Hopefully you are because your state of mind will very much dictate what you gain, or lose, today. If you believe that you deserve the best then you will get it.

Aquarius Jan. 21 - Feb. 19
You will clash with someone today who is as different to you as it is possible to get. Don't waste time trying to find some common ground between you – it does not exist.

Pisces
Feb. 20 - March 20
Your mind may be full of big ideas right now but you must keep your feet on the ground. Don't commit yourself to new projects unless you know you will have the time to do them justice.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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